

## Garmisch Beat

### Lenten Luncheons continue

The Garmisch Chapel is hosting Lenten Luncheons of homemade soup and bread Tuesdays, noon to 1 p.m. These informal luncheons offer an opportunity to reflect on the significance of the Easter season and hear Chaplain Benzing discuss the life of Jesus and "the wonderful truths of Easter."

For more information call 440-2819/civ. 08821-750-819 or e-mail [ronald.benzing@garmisch.army.mil](mailto:ronald.benzing@garmisch.army.mil).

### Volunteer Recognition Ceremony approaches

The 2003 Community Volunteer Luncheon and Recognition Ceremony is April 30, 11:30 a.m. to 1:30 p.m., in the Patton Hotel.

Though last year's ceremony honored more than 400 volunteers who had contributed more than 14,000 hours, only 68 individuals have registered thus far for this year's event.

Contact Army Community Service (call 442-2777/civ. 08821-759-777, e-mail [patricia.howe@garmisch.army.mil](mailto:patricia.howe@garmisch.army.mil), or slide a piece of paper under the office door) with your volunteer information as soon as possible.

### Yoga at the Burke Center

Yoga classes (taught by a certified instructor) are held Tuesdays, 9 to 10:30 a.m.; Wednesdays, 5:45 to 7:15 p.m.; and also Thursdays, 5:45 to 7:15 p.m. in the Pete Burke Center.

Classes are \$30 for six weekly classes or \$6 per class. For more information call 440-2638/civ. 08821-750-638.

### 'Big Fat Greek Dinner'

Partly inspired by the film of the similar name, this April 21 class in the Pete Burke Center will address cooking "on the lighter side" of Greek fare. Class fee is \$13 per person.

For details call 440-2638/civ. 08821-750-638.

### Verona Opera under the stars

The Pete Burke Center is sponsoring two three-day summertime trips to Verona. Both trips include three overnights in Verona (at a small family-run pension in the heart of the old city) and two open-air operas.

Each trip costs \$285 (which includes transportation, lodging and opera tickets). These trips traditionally sell out quickly, but a \$150 deposit can secure a reservation today.

For details call 440-2461/civ. 08821-750-461 or e-mail [paul.dutro@garmisch.army.mil](mailto:paul.dutro@garmisch.army.mil).

### Volunteers sought for German-American Picnic

Planning has already begun for Garmisch's annual German-American Friendship Picnic – to be held May 10 at the Pete Burke Center. Volunteers are needed to help set up, cook, serve, supervise children and (of course) clean up.

To help make this special community event a successful one, e-mail [andrea.winter@garmisch.army.mil](mailto:andrea.winter@garmisch.army.mil).

### Band needed for July 4 picnic

The Garmisch Area Support Team's business operations branch is soliciting bids from bands to perform at a 4th of July picnic.

Bids should reflect playing for two to two-and-a-half hours with one 15-minute break.

For more information call 442-2504/civ. 08821-753-503 for 442-2658/civ. 08821-759-658.



During Garmisch's "Healthy Lifestyle Challenge" community members could earn points for participating in fitness-related activities such as this Tai Chi class in Artillery Kaserne's Pete Burke Community Center.

## 'Looking good, feeling terrific' Healthy Lifestyle Challenge motivates community

Story & photo by Hugh C. McBride

With the Fat Slags trying to chase down a group of Cold Turkeys, and the Real Slim Shadys attempting to fend off a Big Mac Attack, suffice it to say that Garmisch was an energetic place for a recently concluded eight-week period.

The Slags, Turkeys, Shadys and Attack(ers) were four of the 34 teams who accepted the Garmisch's first "Healthy Lifestyle Challenge," a fitness and nutrition program designed by Lory Papon of the Mueller Fitness Center.

### Getting started, staying motivated

About 200 members of the Garmisch community participated in the challenge, which Papon said was "designed to allow teams or individuals to compete by earning points through exercise and by adopting a healthy lifestyle."

Papon based the concept for Garmisch's Challenge on a 1998 program in Dyersville, Iowa, that she read about in USA Today. Taking the team concept and irreverent attitude (Dyersville boasted teams such as "Bun Busters" and "Hips, Hips, Away") from the original program, Papon adapted the idea to meet the needs of Garmisch residents and to take advantage of available resources.

"We developed this fitness challenge as an easy way to get started and stay motivated," she said.

One key adjustment Papon made when bringing the Challenge to Garmisch was shifting the emphasis from losing a certain amount of weight to following a healthy lifestyle.

While participants in Dyersville's "Fight the Fat" contest earned points based upon the amount of weight they lost, Papon rewarded Garmisch participants for time spent in the gym or on the bike.

"People could choose the way they wanted to ex-



During the Lifestyle Challenge, "Broccoli Man" became a high-profile member of the Garmisch community.

'Fat, lazy and stupid is no way to go through life.'

Dave Sutton

'Healthy Lifestyle Challenge' participant

ercise," she added. "We put on Healthy Cooking classes at the Pete Burke Community Center [and] we had the local commissary involved by displaying information on healthier food options."

Healthier options in the commissary were marked with signs featuring a cartoon "Broccoli Man" lifting weights – an image program participants were familiar with from Papon's promotional material.

### Making progress

Participants had the opportunity to receive pre-competition health assessments in January to record weight, body fat, strength, flexibility and resting heart rate. A program-ending assessment was offered to document personal progress achieved during the contest.

Also, every competitor set a personal fitness goal (for example, to lose a certain amount of weight, reduce body fat by a selected percentage or avoid an unhealthy food for the duration of the event) at the outset of the Challenge.

Individuals could score points for their teams by exercising 30 minutes per day or by completing "incentive" activities such as group power walks, healthy cooking classes and nutrition quiz nights.

### Keeping things 'light'

As a motivator and morale booster, Papon also distributed a bi-weekly newsletter. "Lifestyle Challenge News" included cartoons, fitness tips and announcements, team progress charts and interviews with Challenge participants.

As befitted the not-so-serious nature of the event, the interviews contained such "inside information" as Dave Sutton's admission that one of his fitness goals was to get taller and his reason for participating was "because fat, lazy and stupid is no way to go through life."